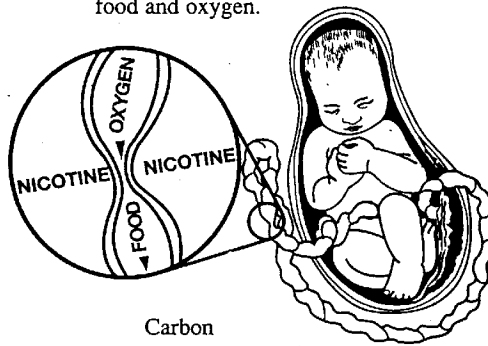


GIVE A GIFT TO YOUR BABY

Cigarette smoking and second-hand smoke can result in a smaller baby, who is less healthy.



Nicotine from cigarettes makes your blood vessels tighten up. Then your baby gets less food and oxygen.



Carbon Monoxide is a poison that comes from smoking. It keeps oxygen from getting to your baby.

If you quit smoking...

- Your baby will get more food and oxygen and will grow better.
- Your baby's lungs will work better.
- Your baby will have a better chance of being born alive and healthy.
- You and your baby will be more likely to leave the hospital together.

CDC
CENTERS FOR DISEASE CONTROL
AND PREVENTION

HERE ARE 10 TIPS TO HELP YOU QUIT

- Write down all your reasons for wanting to quit.
- Put your cigarettes out of reach or throw them away.
- Tell people you are quitting and ask them to help. Ask them not to smoke around you.
- Drink extra water and juice.
- Chew gum, cinnamon sticks, or sunflower seeds.
- Keep your hands busy.
- Go for walks.
- Practice deep breathing to relax.
- Plan ahead; always carry your favorite quitting gimmick.
- Reward yourself with a little gift for every week you go without smoking.

The Two Best Quit Smoking Methods

Cold Turkey: Smoke up to your quit day.
On your quit day don't smoke.

Tapering: Pick a quit day.
Count how many cigarettes you smoke now.
Cut down slowly.
On your quit day, don't smoke.

Plan a Smoke Free Pregnancy

- Use your favorite quitting tips and keep trying new ones.
- Think often of your baby growing strong and healthy.
- To relax, take a deep breath and count to five. Let the air out slowly. Do this five times



Developed by Colorado Department of Health, Family and Community Health Services with technical assistance from Centers for Disease Control and Prevention, Center for Chronic Disease Prevention and Health Promotion.